

February



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**HAVE FUN!
COLOR ME!**

		<p>1 Soft bagel, yogurt, steak burger w/bun, toast, cereal, juice, milk</p> <p>Chicken nuggets, Salisbury steak, mashed potatoes, green beans, fruit cup, roll, milk</p>	<p>2 Breakfast pizza, toast, cereal, juice, milk.</p> <p>Hot Ham & Cheese or Grill Cheese Sandwich vegetable soup, pickles, banana, cookie, milk</p>	<p>3 French toast stick, turkey bacon, cereal, toast, juice, milk.</p> <p>Cheeseburger Chicken Burger tater tots burger salad, diced peaches, milk</p>
<p>6 Assorted muffin, oatmeal, toast, cereal, juice, milk</p> <p>Beef-A-Roni or Pizza steam california veggies, toss salad, strawberry cup, toast, milk</p>	<p>7 Turkey bacon, egg patty, toast, cereal, juice, milk</p> <p>Corndog or Fish pinto beans, coleslaw, pickles, pineapple/ apricot cup, cornbread, milk</p>	<p>8 Cinnamon roll, morning roll, toast, cereal, juice, milk</p> <p>Steakfingers Roasted Chicken mashed potatoes, peas & carrots, rosy applesauce, roll, milk</p>	<p>9 Breakfast or Tac-Go-Wrap, toast, cereal, juice, milk.</p> <p>BBQ Rib Patty Grill Cheese Sandwich corn-on-cob, baked beans, pickles, mix fruit milk</p>	<p>10 Pancake, turkey bacon, toast, cereal, juice, milk</p> <p>Cheeseburger Chicken Burger tator tots, burger salad, juice bar, milk</p>
<p>13 Eggstravaganza, toast, cereal, juice, milk</p> <p>Beef Spaghetti Pep./Cheese Pizza whole kernel corn, toss salad, peaches, breadstick, milk</p>	<p>14 Biscuit, sausage, cereal, toast, juice, milk</p> <p>Corndog or Sloppy Jo pinto beans, raw veggies w/ranch, pickle spear, apple wedges, milk</p>	<p>15 Soft bagel, yogurt, steak burger w/bun, toast, cereal, juice, milk</p> <p>BBQ Beef Ham & Cheese potato, green beans, pineapple/orange cup, breadstick, milk</p>	<p>16 Breakfast Pizza, toast, cereal, juice, milk</p> <p>Taco Salad Chicken Fajita lettuce & tom. refried beans, hot cinnamon apple, graham cracker milk</p>	<p>17 French toast sticks, turkey bacon, cereal, toast, juice, milk</p> <p>Cheeseburger Chicken Burger tater tots, burger salad sherbet fruit cup, milk,</p>
<p>20</p> <p>Holiday</p>	<p>21 Turkey bacon, egg patty, toast, cereal, juice, milk</p> <p>Corndog, Pep./Cheese Pizza toss salad, corn, peaches, cookie, milk</p>	<p>22 Cinnamon Roll or Morning Roll, toast, cereal, juice, milk</p> <p>Beef Strips Sweet & Sour Chicken california veggies, rice, orange wedges, breadstick, milk</p>	<p>23 Breakfast, or Tac-Go-Wrap, toast, cereal, juice, milk</p> <p>Nacho Grande Hotdog w/out chili pinto beans, lettuce, & tomatoes, blushing pears, milk</p>	<p>24 Pancakes, turkey bacon, cereal, toast, juice, milk.</p> <p>Cheeseburger Chicken Burger tater tots, burger salad, apple wedges, milk</p>
<p>27 Eggstravaganza toast, cereal, juice, milk</p> <p>Chicken Spaghetti Pep./Cheese Pizza steam broccoli, glazed carrots, mix fruit gelatin, texas toast, milk</p>	<p>28 Biscuit, sausage, toast, cereal, juice, milk</p> <p>Corndog Mexican Burrito toss salad, corn, peaches, rice krispie treat, milk</p>	<p>29 Soft bagel, yogurt, steak burger w/bun, cereal, toast, juice, milk</p> <p>Chicken Tenders Salisbury Steak green beans, mashed potatoes, pineapple & mandarin orange cup, roll, milk</p>	<p>EAT SCHOOL MEALS!</p>	



What does CAULIFLOWER bring me?



Color Your Meals Healthy!

Do you use more than one color when you draw or paint? Think of vegetables the same way! They come in a variety of colors and each color has its own special power for you. The more colors of vegetables you eat, the more you do for YOU to be strong, smart and fit! Supercharge your body and mind by adding red peppers, orange carrots, yellow corn, green broccoli, purple beets, and white cauliflower. Did you notice the colors made a rainbow too?



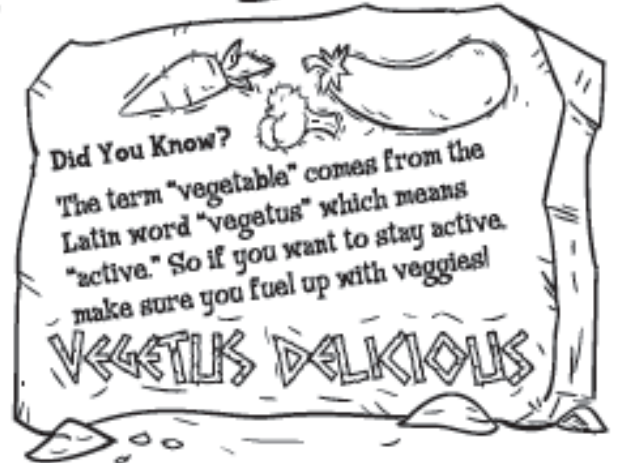
Veggie Seek and Find

Draw a circle around the words written forwards, backwards, up and down in the puzzle.

K H O R T A B N R O C A
 V E G E T A B L E J A A
 R A L E T A R S E M R S
 X L O T A M O T J Y R N
 C T J E T A C L Y J O I
 V H G B T O C V E M T M
 K A L E T A O W E R A A
 Q E E G G P L A N T F T
 V E G E T R I L M S A I
 N E C U T T E L E D A Y



(Answer: Vegetable, Broccoli, Carrot, Eggplant, Tomato, Lettuce, Pea, Yambean, Health, Green)



OUR CAFETERIA BRINGS IT!

Celebrating Black History Month

Salad & Sandwich Bar closed every Tuesday. Menu is subject to change.

Have A Blessed Day!



Food and Nutrition
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